

Group X Class Descriptions

GX – Group “X” Exercise Membership - Group X is your all access membership to all GX classes listed on the schedule, the fitness room, and drop-in gym for one incredible price. Group X includes classes such as U-JAM, Zumba, Yoga, Pilates, Spin and much more. Getting in shape has never been so fun or effective! Group X is offered at the following facilities: Almaden, Camden, Roosevelt and Seven Trees. For more information, and to download the most current Group X schedules, go to www.sanjoseca.gov/prns/fitness.

GX – Belly Buster - The pooch, the gut, the flab, the pot belly...It doesn't matter what it's called; we'll help you banish it forever. This 15 minute class will hit the entire abdominal area hard and fast, and help you whittle your middle. Your abs will thank you!

GX – Butts & Guts - In Butts and Guts, we will do exercises that target your bottom, (like butt blasters!), inner and outer thigh toning, as well as abdominal exercises that flatten your tummy and help reduce lower back pain. This class is 30 minutes, unless otherwise noted.

GX - Body Sculpt - Sculpt your entire body from head to toe while torching calories, improving your cardiovascular health, and enhancing your flexibility. In each class participants will perform exercises to target all the major muscle groups, ending with abdominal work and flexibility training.

GX – Bootcamp - Whether you haven't worked out in years or exercise regularly, this Boot Camp will offer the fitness tools and motivation that you need to reach your fitness potential. Participants can expect to become leaner, stronger, and faster through a variety of workouts. Participants will go through a variety of "boot camp" style drills and exercises for a total body workout.

GX - Cardio Blast – A fun yet complete physical workout for all levels! The exercises change weekly so your body improves quickly, and there is no chance of a plateau! You will get fun and lively cardio segments, and intense body and abdominal exercises to work every inch of your body. This is a great class for people serious about improving their fitness & health!

GX – Cardio Circuit - This is a circuit training class with a kick! Utilizing a combination of weight training and cardiovascular stations you are able to get toning and an aerobic workout all in one class. Exercises for the core and a stretch end the class.

GX – Cardio Fit - A combo of fitness elements! This workout borrows moves from many different styles to make participants work up a sweat. Move from one exercise quickly to another alternating cardio and toning to be sure to burn those unwanted calories. Take the Cardio-Fit challenge and improve!

GX – Step Circuit - Step and Sweat! This style uses the bench for stepping, weights and other tools to tone and tighten your entire body. Challenge and elevate your cardio levels, tighten and tone those muscles! You will feel your workout when you leave!

GX – Cardio Sculpt - Looking for a great cardio workout, complete body sculpting and a great abdominal workout in one hour or less? This is it. Increase your cardio and move your muscles utilizing BOSU Balls, medicine balls, free weights, resistance tubing, and more.

GX – Cycle & Core - This class will combine one of the best cardio exercises available, SPIN, with the most effective core and abdominal training exercises from our popular Belly Buster class, to

give the participant a total body workout. The first 30 minutes will be Spin followed by 15 minutes of core/abdominal training and stretching. A towel is recommended.

GX – Dance Fit- Dance Fit is a dance fitness workout that combines a variety of Cultural dance styles including Hip Hop, Latin, and other dance styles for a workout. If you have a hard time having fun with your workouts, then this might be the answer...Leave your worries at the door! The class is enjoyable and keeps you moving so that you can only live in the moment!

GX - Final Cut – Are you looking for a class that will do it all? Final Cut is the answer. In this class participants will be led through a circuit of strength training exercises in the weight room for the entire body, with a special focus on proper form and intensity. Participants will move from one exercise to the next, with little rest, to keep the heart rate up and get a great calorie burn. Each class will end with core training and stretching.

GX - Gentle Yoga –In this introduction to the practice of Yoga you will learn postures and develop your flexibility and balance as well as coordinate your breathing while doing poses. Gentle yoga will increase your overall relaxation and strength. No experience is required. Wear comfortable clothing and bring a mat to class.

GX – Intro to Fitness - This is an orientation to the Fitness Center for all new members. Trained Staff will show you how to use each piece of equipment and answer any questions you have about your workout routine. Anyone under the age of 18 who wishes to use the fitness rooms must successfully complete this class. YOU MUST SIGN UP FOR THIS CLASS AT THE FRONT DESK 24 HOURS IN ADVANCE.

GX - Iyengar Yoga – This class brings a focus to symmetry, alignment and inner awareness. The participant will strengthen weak areas and open and stretch tight ones, returning the body to its correct alignment with the use of props. He or she will also develop the basic fundamentals needed in all styles of yoga.

GX – Light & Easy - Are you NEW to fitness? Are you considered a Senior? Do you want a fun new way to get a more gentle exercise? Then this is your class! Gentle enough for beginners or for the Active Seniors! This class is one of the few that accommodates many different levels! We use chairs, balls, bands, weights and more! We Improve Cardio -heart, Strength -toning, Balance and Flexibility! What more can you want in one class! FUN? We have that too! Come with Water!

GX – Physical Blast- If you aren't enjoying your workout, then well,...it's just WORK! Give yourself a fun cardio, complete body toning, and core work out in one fun class that is always changing so you don't plateau. Come do Boot Camp, Drumming, Bosu balance, medicine balls, free weights, resistance tubing, and ALWAYS abs! Each class will challenge you in new ways and you will leave feeling happily exhausted! You'll have a Blast! Bring a THICK mat and water!

GX - Pilates, Mat - Pilates is effective for people of all ages and fitness levels. Build long, lean muscles without bulk. Challenge deep abdominal muscles to support your core. Reduce stress, relieve tension and boost energy through deep stretching. Restore postural alignment. Improve the way your body looks and feels. Wear loose fitting clothing and bring a water bottle.

GX – Pilates, Power - Pilates class for all levels, but powerful! This Pilates class uses your body's natural resistance as well as other toys to lengthen, strengthen, tone and tighten...and that's just your core! You will get your body in shape like you never knew you could. This class is a more

intense level but work at your own pace! In between your hard work you could get in a good laugh too! Wear loose fitting clothing, bring a THICK PILATES mat and water!

GX – Pilates, Restorative - Restorative Pilates is a balanced workout that integrates core strength and proper alignment with awareness of movement and breath creating a "mind-body connection" missing from many exercise methods. You develop deep strength and make lasting postural changes that give a graceful flow of movement in all your activities.

GX – Power Sculpt - This one-hour body sculpting class includes upper and lower body exercises and a special section for abdominals. Hand weights and bands are used for an effective workout. Class ends with a full body stretch.

GX – Spin - Spin is the original all-level spin class that features a 45 minute cardio ride, including a warm-up and cool-down, followed by core strengthening and stretching. This class is for everyone from the beginner to the highly experienced exerciser. The emphasis is on providing a fun and effective workout for all fitness levels. The instructor incorporates basic to intermediate techniques with a focus on proper form and offers more challenging options for experienced participants.

GX - Spin & Sculpt – This class will combine one of the best cardio exercises available, SPIN, with the most effective strength training exercises from our popular Body Sculpt classes, to give the participant a total body workout. The first 30 minutes will be Spin followed by 30 minutes of sculpting, core training, and stretching. A towel is recommended.

GX - Spinning Yogi – Want the calorie burn of a top notch cardio class, but the flexibility and relaxation of a yoga class? Spinning Yogi is the answer! This class will feature 30 minutes of calorie torching Spin followed by 60 minutes of muscle lengthening, stress reducing, calm inducing yoga. A towel is recommended.

GX - Step Circuit- Step and Sweat! This style uses the bench for stepping, weights and other tools to tone and tighten. Challenge your cardio levels, tire out those muscles to rebuild. The step, plyo- jumps, weights, land other exercises will have you feeling your workout when you leave!

GX - Stretching – Stretching relaxes your mind and makes your body feel more at ease. You will increase your range of motion and help prevent injuries as you stretch various parts of the body. This workout increases flexibility, improves blood flow, and leaves the participant feeling rejuvenated and renewed.

GX – UJAM - UJam Fitness is a wildly athletic dance fitness workout that unites world beats and urban rhythms to a variety of dance styles including hip-hop, Latin, and other dance crazes, for a workout that is bound to get your heart rate up, your body movin' and you shakin' up a sweat, all while having fun! Come burn the calories with us! If you like Zumba, you'll LOVE UJam!

GX - Yoga - Increase your strength, flexibility, inner balance and vitality. This class focuses on relieving tension in the back, neck, shoulders and hips through breathing techniques and relaxation with special attention to proper alignment, energy flow and posture. All levels are welcome. Wear loose clothing and bare feet.

GX - Walk/Run Club – Have you ever thought about running a 5k, 10k, half marathon, or even a full marathon but didn't know where to begin? Come out to the Camden track and find the motivation, support and knowledge you need to meet your goals. All levels are welcome. Each class will consist of a warm up, a walk/run program based on distance and/or time, cool down,

and stretch. Wear good walking or running shoes, and bring a water bottle. Class will meet behind the back stop at the Camden track.

GX - Zumba - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! (Studio)

GX - Zumba Gold - Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun